

CONGRATS CINDY TRUMAN!!!
winner of our monthly drawing. She gets a FREE pair of exersox - get those feet gripping in your next Pure Barre class or give them as a fun christmas gift!

2008

◆ **NOVEMBER SPECIALS**

Give the Gift of Good Health this season. **Purchase \$100** or more in **Pure Barre Gift Certificates** & receive an **additional \$20 in Pure Barre Bonus Dollars!**

gift certificate must be purchased from Nov 15th - Dec 31st. Bonus dollars can be applied towards any package, apparel or product by Dec 31/2008.

Sign up this month for our Holiday Bootcamp & be entered into our drawing to win **50% OFF your next package!** Start off the new year light on your pocket book & looking your best. (exp. 2/1/09)

PB will have a revised schedule for the thanksgiving holiday weekend, check online for details. All classes will be sign up only.

PB is thankful for all of our wonderful, toned clients!

Pure Results - Carly Demek & Danya Cessante

This month we are featuring our new instructors at Pure Barre, Carly & Danya.

Carly began to take PB classes because she needed a form of exercise that would allow her to recover from a running injury. Her friend suggested PB and after day one, "I fell in love with the class - if that's even possible to fall in love with an exercise class! Love at first.. pretzel workout.. or not, I knew instantly this was for me!" She quickly realized it was more than just the class that made her feel good - she was doing this for herself on many different levels. "I started to see definition & strength in my legs and abs, not to mention increased flexibility, but I realized this was the first activity that I was solely for me and was *my time* to focus on my well-being. I am a much happier and healthier by simply taking this class - all without going to a stinky, sweaty gym." She is "very excited about the idea of helping, teaching and encouraging others." Carly resides in Northville with her husband & works at Ford.



Danya had been a member at Lifetime for years, working out and taking some pilates & weight classes. She had become bored with her workout routine and then came across some information on Pure Barre. "I was instantly hooked. It seemed to be exactly what I was looking for in a workout. I really enjoy the whole atmosphere at Pure Barre, the smaller class sizes make it feel more personal and it's always so challenging!!! Every class is a little different so I never know what to expect. I do know that I just can't wait to get to class! It's been a nice way for me to step out of my busy family and work life and take some time for myself." She hopes "that my desire to continue to improve my practice and the enjoyment & passion I have for it will allow me to be a strong instructor." Danya resides in Northville with her husband & two beautiful daughters ages 5 & 6, while working for a human resources company in Novi.

*We are confident that their skills & energy will shine in a very positive way!
Welcome Carly & Danya to our team - we can't wait to take your classes!*

* Pure Recipe *

Spiced Pumpkin Bread

- 3 c all purpose flour
- 2 c sugar
- 2 t baking soda
- 1 t baking powder
- 1 t ground cinnamon
- 1/2 t salt
- 1/4 t ground cloves
- 1/4 t ground nutmeg
- 2/3 c canola oil
- 3 eggs or 6 egg whites
- 1 15 oz can pumpkin
- 1/2 c raisins

preheat oven to 350.
combine flour & next 7 ingredients in a large bowl. Combine canola oil, eggs, and pumpkin in a medium bowl, stir with a whisk until smooth. Add to flour mixture, stirring just until moist. Fold in raisins. Spoon batter into 2-9x5 in greased loaf pans. Bake for 1 hr, then cool loaves in pans for 10 min. Remove from pans & let cool completely. Share with friends!

We know that this holiday season is going to be tough; on your waistline & your wallet
Join our Holiday Bootcamp!

Get 18 PB classes & more for ONLY \$199!!!

see flyer attached

❖ **Pure Focus Waist Workshop**

the perfect blast before turkey day, a 1.25 hr class with attention on the abs & burning lots of calories

**Saturday November 22nd
@ 9:45 am w/Lizz
\$30 - sign up & pre-pay req'd**

Private PB Classes
Minimum 5 people

Pure Barre offers the perfect opportunity to gather with friends, coworkers & family this season while doing something good for your health. Set up your own private PB class, for a special event or just because. You pick the time & date, we provide the fun! contact us for instructor availability & other details.